

The study of "wind element" in poetries of six early poets and its effect on Hifz- Al- Sihhat from Traditional Medicine point of view

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Abstract

Introduction: The aim of the present study is to find out the concepts of traditional medicine among the poetries of six early poets, i.e. Molavi, Saa'di, Sanaie, Nezami and Seif-e-Forghani. Basically, not only the Iranian early poets were poet only, but also some of them were Hakim, Tabib, philosopher and even mystic in nature. Therefore, the pure epiphany of their solicitude on Medicine and Teb is evident from their poetries.

Aim: The aim of this research is to investigate the effect of mysteries of "wind element" on the human being body temperament. What are so called nervous diseases and muscular pains and cramps today were considered as "wind" in the past. Indeed the Iranian early poets were aware of the fact and the reasons behind the appearance of these ailments in the body. As a result, they have all mentioned this issue in their poetries. This shows how innovative and science oriented were the people of those ages in the discovery of medical problems of the time.

Method: Being a review based research; various available encyclopedic softwares of Persian literature history were used particularly in the poets of six poetries and their poems regarding the temper of the blood and the wind element were collected and evaluated on the basis of scientific traditional medicine texts.

Conclusion: It is clearly evident that the medical issues in the poems of Iranian prominent poetries have been mentioned in which the directives of Hifz- Al- Sihhat were also expressed. Sometimes few therapeutic methods of Hifz- Al- Sihhat were performed for the very first time showing the mental maturity of the Iranian Traditional Physicians, called Hakim, in those dates. One of the affirmatives to prove this allegation is the poems of Persian speaking poets.

Keywords: Traditional medicine, literature, Molavi, Saa'di, Sanaie, Nezami and Seif-e-Forghani